

## 2020 School and Sports Physicals Resource Guide

### CRESTVIEW

Provider	Address	Phone	School Physical Cost	Sports Physical Cost	Appoint. Required	Insurance Accepted	Notes
Crestview Health Center	800 Hospital Dr Crestview, FL 32539	(850) 682-1164	Self-pay <i>New patient</i> 5-11 years old - \$197 12-17 years old - \$224  <i>Est. patient</i> 5-11 years old - \$174 12-17 years old - \$190	Self-pay <i>New patient</i> 5-11 years old - \$197 12-17 years old - \$224  <i>Est. patient</i> 5-11 years old - \$174 12-17 years old - \$190	Yes	Yes	*If patient does not have insurance, they will do a sliding scale fee for a school physical if qualifications are met. You can call to see if you qualify—will need to provide how much you make a year and number of blood relatives that live in the house with you. Price will range from \$10 to \$30 and includes lab work. *Takes Medicaid.
Crestview Urgent Care	2400 S Ferdon Blvd. Suite A Crestview, FL 32539	(850) 398-8668	\$65	\$65	Walk-in only	No	*Only bills Tricare for School-entry physical at no cost to patient (school name required). This does not apply to sport physical.
Hankison Family Chiropractic & Acupuncture	1455 S Ferdon Blvd. Crestview, FL 32536	(850) 683-0000	\$40	\$40	Yes	No	Office hours: MTWF 8-5pm Thurs 8-12pm Lunch closure 12-2pm *Mask required for services
CVS MinuteClinic	302 E James Lee Blvd. Crestview, FL 32539	(850) 682-1002	\$89	\$49	No	No	*Must bring health and immunization history. Walk-in or hold your place in line through the online clinic locator or the CVS app. <i>Register at CVS.com\Minute clinic</i>
Moore Chiropractic	502 S Ferdon Blvd. Suite A Crestview, FL 32536	(850) 682-8550	\$20	\$25	Call first	No	Accept cash, checks, or credit cards

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Seaside Spine (1 of 4 locations)	610 Hospital Drive Crestview, FL 32539	(850) 460-2362	\$30	\$30	Walk-ins welcome	No	*One phone number for all three.
Spine Life Chiropractic	1695 South Ferdon Blvd. Crestview, FL 32536	(850) 398-8985	\$40	\$40	Yes	No	Walk-ins welcome if schedule permits. Prefer client brings required paperwork. Form 3040 for School Physical. Form EL2 for Athletic physical. *Has a Niceville location
Spine Life Chiropractic	600 John Sims Pkwy. Niceville, FL 32578	(850) 729-8050	\$40	\$40	Yes	No	Walk-ins welcome if schedule permits. Prefer client brings required paperwork. Form 3040 for School Physical. Form EL2 for Athletic physical. *Has a Crestview location

### DESTIN

Provider	Address	Phone	School Physical Cost	Sports Physical Cost	Appoint. Required	Insurance Accepted	Notes
Emerald Coast Chiropractic	501 Harbor Blvd, Suite C, Destin, FL 32541	(850) 654-1850	\$50	\$50	Yes	No	*Can typically get patient in within a day
Emerald Coast Urgent Care	12598 Emerald Coast Pkwy Suite 101 Destin, FL 32550	(850) 654-8878	\$40	\$40	Walk-in only	No	Open 9am. to 8:00pm Starting Oct. 1, 2020, closing hrs. will change to 6pm.
Seaside Spine (1 of four locations)	981 Hwy 98 Suite 9 Destin, FL 32541	(850) 460-2362	\$30	\$30	Walk-ins welcome	No	*One phone number for all three locations.

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White-Wilson Medical Center Dr. Richard Reno	990 Airport Rd Destin, FL 32541	(850) 269-6400 *Option 5	Depends on age and insurance \$150-\$250	Depends on age and insurance \$150-\$250	Yes	Yes	*New patients need to be up to date with vaccines. Called a Well Child Physical *If no insurance – 30% discount. Must pay at time of service. *Mask required
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### FORT WALTON BEACH AREA

Provider	Address	Phone	School Physical Cost	Sports Physical Cost	Appoint. Required	Insurance Accepted	Notes
Bridgeway Health Clinics	137 Hospital Drive Fort Walton Beach, FL 32548	(850) 226-8857	Fee based on sliding scale	Fee based on sliding scale	Yes	Medicaid, Medicare, WellCare, Uninsured	Call first. All appointments and intake are completed over the phone.
Drs. Frisbee & Kracht Family Chiropractic	119 Truxton Ave. Fort Walton Beach, FL 32547	(850) 862-4313	\$40 for self-pay  Copay with insurance	\$40 for self-pay  Copay with insurance	Yes	Yes	*Must bring required paperwork. *You do not take Medicaid and United Healthcare.
Gulf Coast Immediate Care Center	345 Miracle Strip Pkwy SW Fort Walton Beach, FL 32548	(850) 244-3211	\$65 17y or younger	\$65 17y or younger  \$125 18y or older	No	Does not take Medicaid	*Can bill for school physical under “annual preventative” depending on insurance.

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Fort Walton Beach Chiropractic	315 NE Racetrack Rd Fort Walton Beach, FL 32547	(850) 200-4911  Fax (855) 410-4911	\$35	\$35	Preferred	No	*The business has Spanish speaking employees *Also provides Department of Transportation physical for \$80. Okaloosa County employee Department of Transportation physical for \$50. <a href="http://fwbchiro.com">fwbchiro.com</a>
Integrity Chiropractic	431 E Hollywood Blvd Mary Esther, FL 32569	(850) 864-5300	\$35	\$35	Preferred  Walk-ins Welcome	No	*If patient needs a sport and a school physical, one of these will count for both. Required forms are kept in office. <u>*Hours:</u> Monday: 8-12, 2-6 Tuesday 2-6 Wednesday 8-12, 2-6 Thursday 8-9, 2-6 Friday 8-12
M&M Chiropractic	350 D Racetrack Rd NW Fort Walton Beach, FL 32547	(850) 863-1920	\$35	\$45	Preferred	No	*Doctor not available on Tuesdays or Friday afternoons.
CVS MinuteClinic	71 Mary Esther Blvd Mary Esther, FL 32569	(850) 301-0677	\$89	\$49	No	No	*Must bring health and immunization history, walk-in or hold your place in line through the online clinic locator or the CVS app
Nightingale Health Care	29 G Miracle Strip Pkwy SW Fort Walton Beach, FL 32548	(850) 533-6244	\$50	\$50	Yes	No	*Web address: <a href="http://www.nhcfwb.com">www.nhcfwb.com</a>

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Quality Urgent Care and Wellness	514 Mary Esther Cutoff NW Fort Walton Beach, FL 32548	(850) 226-8550	\$50	\$50	Walk-in only	No	*For the school physical, the FL shot records is required. *Also, bring eye glasses if you wear them.
Seaside Spine (1 of four locations)	208 Mary Esther Boulevard Mary Esther, FL 32569	(850) 460-2362	\$30	\$30	Walk-ins welcome	No	*Located inside another facility called Coastline Medical - Suite 1 *Same phone number for all three locations.
White Sands Chiropractic	24 Beal Pkwy SW Fort Walton Beach, FL 32548	(850) 226-6728	\$45	\$45	Walk-ins welcome	No	*Open Monday, Tuesday, Wednesday, & Friday from 9am-12pm and 2pm-6pm. Closed on Thursdays. *Does not provide physicals for youth under 4 years old.
White-Wilson Medical Center (Pediatrics)	1005 Mar Walt Dr, Fort Walton Beach, FL 32547	(850) 863-8100 *Press 4	Immediate care only \$147 if self-pay (no insurance) ----- Pediatrics self-pay cost range \$138-\$154, based on age	Immediate care only \$147 if self-pay (no insurance) ----- Pediatrics self-pay cost range \$138-\$154, based on age	If going through pediatric department, appointment is required.  If going through immediate care, then walk-in is fine.	Yes	*If you have Medicaid, you must be an established patient. *Immediate care can only provide physical if vaccinations are not required. If vaccinations are needed contact Pediatrics department for appt.

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### NICEVILLE

Provider	Address	Phone/ Website	School Physical Cost	Sports Physical Cost	Appoint. Required	Insurance Accepted	Notes
<p>EasyCare Walk-in Clinic</p> <p><i>(located in the Palm Plaza Shopping Center)</i></p>	<p>1049 John Sims Pkwy E Suite 2 Niceville, FL 32578</p> <p>Web address: <a href="http://www.easycarecliniceville.com">www.easycarecliniceville.com</a></p>	(850) 842-3128	\$35	\$35	<p>Yes</p> <p>Walk-in hours available; See Notes*</p>	<p>Does not accept insurance</p> <p>See Notes* for more info</p>	<p>Walk-in Hours are:</p> <ul style="list-style-type: none"> <li>➤ Mon-Fri. 8am-12pm</li> </ul> <p>Appt. Hours are:</p> <ul style="list-style-type: none"> <li>➤ Mon-Fri. 7am-4pm</li> <li>➤ Sat. 8am-12pm</li> </ul> <p>*This is a Flat Fee clinic. Any treatment provided is part of the fee-no additional charges.</p> <p>Missed Walk-in hours? Text "Easy Care" to 850- 368-6622 to reach an on- call provider and schedule an appt. after walk-in hours.</p> <p>The ON PROVIDER will call back to assess patient needs and schedule an appt., same day if possible, or the next day if the patient cannot attend during walk-in hours. But, provider availability is only between 6am and 8pm.</p>

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Access Medical Group	4554 E Highway 20 Niceville, FL 32578	(850) 897-1824	\$93-\$199	\$93-\$199	Yes	See Notes*	<p>*Physicals are only available for existing patients.</p> <p>*Health Insurance – they take TriCare and Medicare only.</p> <p>For all others, payment is due up front. Cost dependent on amount of time spent with physician.</p>
Spine Life Chiropractic	600 John Sims Pkwy Niceville, FL 32578	(850) 729-8050	\$40	\$40	Yes	No	<p>Walk-ins welcome if schedule permits. Prefer client brings required paperwork. Form 3040 for School Physical. Form EL2 for Athletic physical.</p> <p>Hours: Mon, Wed, Fri 2-5:30pm Tues &amp; Thurs 8:30am-12pm</p> <p>*Has a Crestview location</p>
Emerald Waters Medical Clinic	1005 West College Blvd. Suite B Niceville, FL 32578	(850) 279-6815	\$45	\$45	Yes	Yes	<p>*Patients 12 years and older only.</p> <p>*Medicaid - only taking Humana</p> <p>Hours: Mon Tues, Fri 9-5pm Wed 9-12pm Thurs closed Closed for lunch 12-1pm</p>

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CVS Minute Clinic	4562 E Hwy 20 Niceville, FL 32578	(850) 897-8550	\$89	\$49	No	No	*Must bring health and immunization history, walk-in or hold your place in line through the online clinic locator or the CVS app.
Niceville Family Practice	4400 State Hwy 20 E Suite #201 Niceville, FL 32578	(850) 897-3678	\$35 for self-pay  Copay for insurance	\$35 for self-pay  Copay for insurance	Preferred	Yes	*Preferred to bring required paperwork filled out (sometimes copies are provided in office) *New patients must establish care before a physical appt
Niceville Urgent Care	906 Palm Blvd S, Niceville, FL 32578	(850) 517-9851	\$65	\$65	Walk-in only	No  *Tricare – See Notes	*Helpful if patient brings the required paperwork. *Tricare will cover school physicals for youth ages 5-11 years old (up to two per year) for active duty only.
White Wilson Medical Center at Bluewater Bay	2001 East Highway 20 Niceville, FL 32578	(850) 897-4400	Prices range based on age; immediate care cost is different than pediatric care cost	Prices range based on age; immediate care cost is different than pediatric care cost	If going through pediatric department, appointment is required. If going through immediate care, then walk-in is fine.	Yes	*If you have Medicaid, you must be an established patient. *Immediate care can only provide physical if vaccinations are not required *Call for more information



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### SHALIMAR

Provider	Address	Phone/ Website	School Physical Cost	Sports Physical Cost	Appoint. Required	Insurance Accepted	Notes
Coastal Chiropractic (Dr. Brad Young)	1270 N. Eglin Parkway Shalimar, FL 32579	(850) 613-2044	\$35	\$35	Yes	No	*No lab work or immunizations provided.